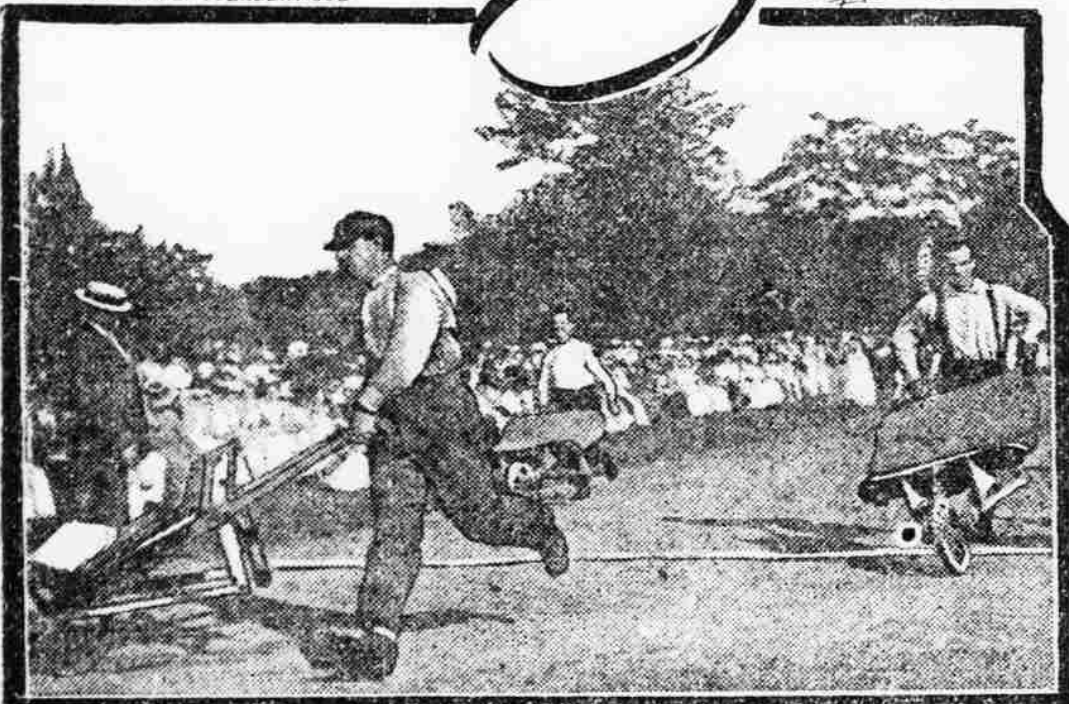


INSANE SPORTDOM

BY HOWARD S. COLTER



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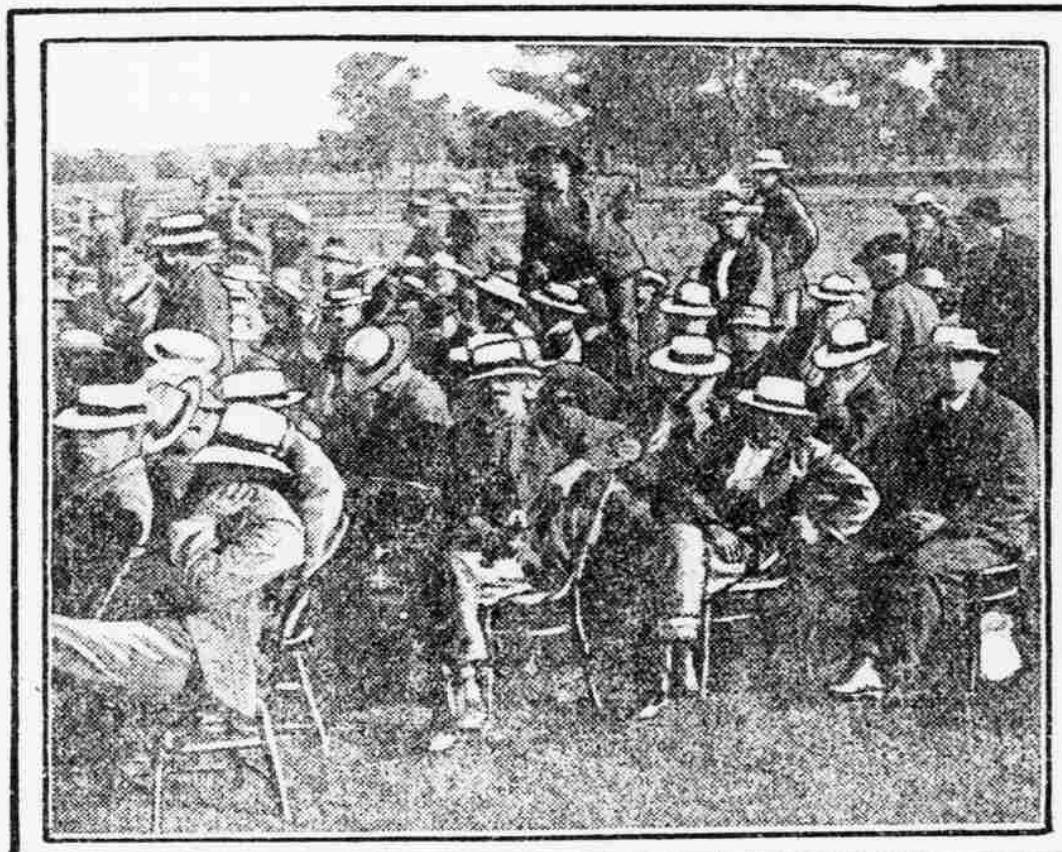
WINNER CROSSING THE LINE IN THE WHEELBARROW RACE



FINISH OF THE 75 YARD DASH FOR WOMEN PATIENTS

the full use of their faculties. Not long ago there was considerable talk about the rapidly increasing number of insane in this country. Various causes were assigned to it. Some said the growth of the cities accounted for it; others thought that it was

it is possible. This was very strongly brought out not long ago in an asylum near Chicago. There was a patient there who had the idea that he was King Edward. The king was all right in every other way, but his idea on this point was so strong within him that it gave his normal part very little room to move about. From morning until night he would talk over various matters of state with his cabinet ministers, who were anyone who happened to be near him, and in greeting the women with a graciousness that the real king would find difficult to imitate. But the king was a jolly monarch. A smile was on



MEN PATIENTS WATCHING THE ATHLETIC GAMES

BEFORE the year 1925 has dawned it is probable that nearly every hospital for insane in America will work for cures from an athletic angle. Physicians who have had the care of mentally incompetent persons declare that sports are the chief adjunct to insane treatment. The patients become wonderfully interested and enthusiastic over wheelbarrow races, sprints, three-legged races, and the fun they derive from this sort of exercise is declared far greater than that which falls to the share of the sane athlete or the athletic fan who participates in championship games on the field, diamond, track, gridiron and gymnasium floor.

A great alienist once said that where physical well-being is to be found there is usually a competent mind also. Athletics naturally promote bodily improvement, and with it comes the elimination of the diseased portions of the brain. Thus medical men hope to eradicate insanity among the patients at the hospitals.

The heat of the athletic struggle takes the mind of the patient from his woes, if that be the form of mania, and one crazed woman is declared to have been cured within two months after having participated continually in athletics at a hospital for insane in the east.

There is no athlete who gets as much apparent enjoyment out of his successes as the one who is insane. They take it as a new kind of play and take to it with all the vim that their physical attainments will permit.

Dances are also given in some asylums, to which the public is admitted by invitation. These, while they have their pathetic side, of course, afford much pleasure to the inmates, especially the younger ones.

Surgeons declare that some day all varieties of insanity will yield to treatment and be curable. An operation on the brain is said by them to be the solution but as yet the man has not arisen who can perform such an operation with unfailing success. There have been isolated cases now and then that have proved successful, but the brain is one of the mysteries of the human body that has been reserved for a future generation to solve. Meanwhile, however, under the new order of things the insane are far from an unhappy lot. It is only those of sound minds who are able to realize the plight of those afflicted people; while they in their ignorance are perhaps kinder than many who have

the great nervous strain that Americans were under. But they were both wrong. For once figures lie. Though there were only 71,028 insane in hospitals in 1890 and 150,151 in 1906, the actual number of insane pro rata has decreased.

Here is the proof of it. In 1890 there were 162 hospitals, while in 1903 there were 328, and many of the older ones had been enlarged. In other words, the country is taking care of the insane and taking them out of their homes, and incidentally the idea grew that because the institutions were increasing in number and size the number of cases was likewise growing abnormally.

It is not generally supposed that there is a brighter side to insanity. The 5,000,000 people of this country who have relatives in asylums probably do not see this bright side and few of the other millions realize it. But nevertheless it is a fact that the darkest days of the affliction are over.

Nearly every patient in an institution is normal in all but one or two subjects. The dangerous insane are, of course, another matter; to them it is always night, and will be until some genius discovers a new method of treating the brain more satisfactorily than is known at the present day. But these others are normal human beings, with normal wants and ideas on all subjects but one or two.

In the old days this normal part of their nature never had its outlet; their lives were never given the leeway necessary for even a moment's happiness. But to-day it would not be an exaggeration to say that the insane in institutions are a reasonably happy lot.

In many institutions entertainments are given regularly by the inmates. The man who has the idea that he is King Edward is allowed to sit in his royal box in all his majesty, and, as his other faculties are unimpaired, he enjoys the show to its utmost. The woman who believes she has inherited a million from her uncle sits in the front row, happy in the belief that in a few days she will leave the institution and buy a silk dress for every woman she leaves behind.

The indulgent principle in the treatment of the insane to-day is simply to humor them whenever

his face continually and if he had ever had a chance to rule anywhere, no one would ever have accused him of cruelty. He was modeled after the lines of old King Cole. But one day a patient was admitted whose weak point happened to be the idea that King Edward had sent emissaries over to kill him. The doctors hesitated about putting the new man in the same room with the king, but both were perfectly harmless, so the experiment was tried. All went well until the new patient learned that King Edward was about. Then he fled in terror and hid under a bed, and all the coaxing the nurses could do could not drag him out again. They were in a dilemma that taxed the resources of the institution. Finally, they decided to put the case before the king and depend upon his well known good nature to help them out. He was alive to the situation. His grief was touching, for a more harmless king certainly never breathed. Profuse with regrets at the strange mistake, the monarch approached the man under the bed and commenced to parley with him. With all his negative graciousness the king assured the benighted one that he was deluded. Strange to say, the new man gradually began to believe it. Something in the king's face inspired confidence and at last he came out. The two soon became fast friends and the monarch raised his new found friend to the peerage. This man is now out of the asylum, cured of his delusion. But the king still rules his little kingdom as happily as the man who rules his home.

According to the best known alienists in America, the natural condition of the insane person's mind may be restored to normal by first giving health to the body, which ultimately, it is claimed, will carry itself to the brain, the blood being purified and eventually carrying away the diseased portions of the brain. This, of course, cannot be made to apply to the cases which are violent, unless unusual conditions prevail, but at least athletics may be pronounced a great aid.

MISSOURI NEWS

ERROR FOUND IN COUNT

Amendment Fixing Payment of Legislators Loses by Revision.

Jefferson City.—A clerical error in the office of the secretary of state was discovered Wednesday night, and amendment 1, fixing the pay of legislators at \$750, which was reported carried, is found to have been lost. The vote of Jackson county gave the "yess" 16,199. The clerk read it 66,199, passing the bill by nearly 20,000 votes.

The mistake is explained through the fact that the figures were poorly written and, in the excitement of the office, resulting from the close race between the Democrat and Republican candidates for lieutenant-governor, the error was made. The amendment is defeated by 29,987 votes.

The only amendments adopted were Nos. 2 and 3. The former is the initiative and referendum, with 19,599 majority, and the latter empowers the levy of an additional tax for road and bridge improvement purposes of 25 cents on the \$100 valuation, by 35,865 majority.

BANDITS DEFEY A TOWN.

Gang Gets Away With Big Sum Taken From Bank at Sweet Springs.

Sweet Springs.—A posse is still scouring the woods in search of the five bandits who broke into the bank of Sweet Springs, held the citizens at bay for almost an hour, and left with a booty of almost \$5,000 Sunday morning.

The yeggmen secured their tools from a Missouri Pacific water tank toolhouse, the section house and the Fisher Implement company. It required four charges to wreck the safe, a piece of it being blown through a front window for a distance of 100 feet. The bandits overlooked \$200 of \$5,000 that was in the safe.

When citizens were awakened, robbers on guard fired enough shots to intimidate them. As they left town they fired several volleys, and it was a good twenty minutes before the pursuit was taken up.

WOMEN SURVIVE DUEL.

Daughter of One Knife Wielder Witness of Sensational Encounter.

Gainsville.—The women duelists who fought in a clearing to wipe out a grudge, and seriously injured one another with knives, have been released on bond. Charges of assault with intent to kill have been placed against them.

The duel, which was prearranged, was witnessed by Mrs. Frank Graham's daughter, and she reported to her father that her mother had been murdered. Mrs. Graham suffered severe cuts on the shoulder and hand. The opponent, Mrs. James Crabtree, was cut about the hands, face and breast. They are sisters-in-law.

Ask Prohibition Election.

Jefferson City.—The question of a prohibition amendment to the constitution, providing for a state-wide inhibition of the manufacture or sale of intoxicants within the state, is to be brought before the ensuing session of the general assembly.

A resolution to that effect, asking that the voters of the state be permitted to express themselves thereon at the polls, is to be introduced in the senate. It will be offered by Senator Peck of the First district, who is seemingly not dismayed by his failure to get such a resolution through the last session. The senator, at that time, did not even succeed in getting his resolution to a vote.

Folk Makes Appointments.

Jefferson City.—Governor Folk announces the following appointments: J. B. Cole, of Columbia, a member of the state board of Osteopathy for a period of five years from May 1, 1908. David Husted, of Gorin, coal oil inspector for Scotland county, for a period of two years from August 23, 1908.

Woman Stole Toys; not Prosecuted.

St. Louis.—A widow, who stole five Teddy bears for her children's Christmas, was released by the police of the Carr street station because the firm that caused her arrest refused to prosecute her. The woman was employed by the company, and when the members heard her pathetic story they told the police to drop the suit.

Fall Kills Contractor.

St. Joseph.—Robert Garlich, aged 51 years, a brick contractor, while superintending work at the new Wheeler matter warehouse, Seventh and Sullivan streets, stepped on a loose board on the third floor, fell to the basement and was killed. He leaves a wife and six children.

PHELPS COUNTY JURIST DIES.

Body of Late Judge Geo. W. Smith Was Buried at Rolla.

Rolla.—Judge Geo. W. Smith, judge of the county court for the eastern district of Phelps county, Mo., died at his home in St. James. The body was brought to Rolla Wednesday afternoon and interred in the Rolla cemetery, according to the ritual of the Red Men's lodge, of which he was a member.

Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs and Elixir of Senna, which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed as the best of remedies, when required, are to assist nature and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. To get its beneficial effects, always buy the genuine

Syrup of Figs and Elixir of Senna manufactured by the CALIFORNIA FIG SYRUP CO. ONLY SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle

AFFECTING SIGHT.



Cook (to her friend)—The proposal that the widower made me was really very moving. He brought his four children with him, and they all knelt before me.

A Dead Bird.

Samuel Butler, the witty but eccentric author of "Erewhon"—which means "Nowhere"—and of many other remarkable and suggestive books, is now more read than during his lifetime. He died in 1902. In one of his notebooks he tells this incident, which must have amused the great Charles Darwin:

Frank Darwin told me his father was once standing near the hippopotamus cage when a little boy and girl, aged four and five, came up. The hippopotamus shut his eyes for a minute. "That bird's dead," said the little girl. "Come along."—Youth's Companion.

At the Riding School.

"Mount your horse on the left side." "Why? What difference does it make?"

"It's the rule." "But why should it be the rule?" "Because in the past horsemen wore swords. They wore them on the left hip. Hence, had they mounted on the right side, the sword would have got in the way. So they mounted on the left, and we still mount on the left. Horses are accustomed to it, and if you try to get up from the right you are liable to be kicked."

The Dissatisfied.

The happy people in the world are those who enjoy what they have. Those for whom nothing is good enough are neither fit for earth nor would be satisfied in heaven. Here they are restless. There their halos would be damp or would not set straight. The third domain, which rhymes with well, would not be well for them, for the best would be too invariable or attending to fires would be too monotonous.

Prefer Cash to Checks.

The bank check has taken small hold as yet upon the citizens of Mexico, especially when amounts of less than \$1,000 are concerned. They consider it much easier to pay spot cash than to give a check for amounts of \$50 and \$100 and maintain with some amount of reason that a business deal can be put through with better advantage when the cash is in sight.

LIVING ADVERTISEMENT

Glow of Health Speaks for Postum.

It requires no scientific training to discover whether coffee disagrees or not.

Simply stop it for a time and use Postum in place of it, then note the beneficial effects. The truth will appear.

"Six years ago I was in a very bad condition," writes a Tenn. lady, "I suffered from indigestion, nervousness and insomnia."

"I was then an inveterate coffee drinker, but it was long before I could be persuaded that it was coffee that hurt me. Finally I decided to leave it off a few days and find out the truth."

"The first morning I left off coffee I had a raging headache, so I decided I must have something to take the place of coffee." (The headache was caused by the reaction of the coffee drug—caffine.)

"Having heard of Postum through a friend who used it, I bought a package and tried it. I did not like it at first but after I learned how to make it right, according to directions on pkg., I would not change back to coffee for anything."

"When I began to use Postum I weighed only 117 lbs. Now I weigh 170 and as I have not taken any tonic in that time I can only attribute my recovery of good health to the use of Postum in place of coffee."

"My husband says I am a living advertisement for Postum. I am glad to be the means of inducing my many friends to use Postum, too."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.